YOUR YARD

CONTRIBUTES TO YOUR HEALTH & WELL-BEING

Yards provide a safe place for families to gather and for children and pets to play. But did you know these living landscapes, including the everyday lawn, also provide a host of health and well-being benefits?

DID YOU KNOW?
Research says children’s stress levels fall within minutes of seeing green spaces.1

Research found that people moving to greener areas experienced an immediate improvement in mental health that was sustained for at least 3 years.2

Research found that walking or running in green spaces, lowered anger, fatigue and feelings of depression, while increasing attention levels.4

DID YOU KNOW?
Spending time in gardens can improve memory performance and attention span by 20%.4

Researchers found that school children with more exposure to the outdoors performed better on cognitive testing.5

Children gain attention and working memory benefits when they are exposed to greenery.6

LIVING LANDSCAPES MAKE KIDS SMARTER

LIVING LANDSCAPES HELP YOU HEAL

Hospital patients exposed to window views of nature healed on average a full day faster.7

People who gardened for at least 30 minutes a week had lower body mass indexes (BMIs) as well as higher levels of self-esteem and better moods, as well as lower levels of tension and stress.9

Trees, shrubs, grass and flowering plants are integral to human health. They contribute to our mental and physical well-being.

ADULTS ALSO BENEFIT

Workers perform better and with greater accuracy when under the calming influence of nature.11

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SOIL IS THE NEW PROZAC?

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For more tips on maintaining a living landscape, even in drought conditions, go to: opei.org/stewardship/